

# SWFLC Fitness Classes

## South Woodham Ferrers Leisure Centre

Accurate as of 26/04/2024

### Times for Monday 3 April



| Time          | Session     | Facility | Instructor | Type         |
|---------------|-------------|----------|------------|--------------|
| 18:00 - 18:45 | LBT         | Gym 1    | Clare      | Cardio       |
| 19:00 - 19:45 | Group Cycle | Gym 1    | Clare      | Cardio       |
| 20:00 - 20:45 | PWR BEATZ   | Gym 1    | Leanne     | Dance/Cardio |